

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims**

Claims 1-61 (Canceled)

62. (Currently Amended) A flexible energy absorbing material comprising a resilient carrier with voids or cavities therein, said carrier being coated or impregnated or combined with a dilatant material, wherein the resilient carrier supports the dilatant material and the resilient carrier is a spacer fabric comprising a resilient core sandwiched between a pair of covering layers.

63. (Previously Presented) A material as claimed in claim 62 wherein the dilatant material is a dilatant compound.

64. (Previously Presented) A material as claimed in claim 62 wherein the carrier is a spacer material.

Claim 65. (Cancelled)

66. (Currently Amended) A material as claimed in claim ~~[[65]]~~ 62 wherein the resilient core comprises a layer of yarn and the covering layers have a plurality of apertures therein.

67. (Previously Presented) A material as claimed in claim 66 wherein the yarn is woven into a resilient pile.

68. (Previously Presented) A material as claimed in claim 66 wherein the yarn is knitted into a resilient pile.

Claim 69. (Cancelled).

70. (Currently Amended) A material as claimed in claim ~~[[65]]~~ 62 wherein elongate hollow channels are formed in the resilient core.

Claims 71 and 72. (Cancelled).

73. (Previously Presented) An energy absorbing material as claimed in claim 63 wherein the dilatant compound is a dimethyl-siloxane-hydro-terminated polymer.

74. (Previously Presented) An energy absorbing material as claimed in claim 63 wherein the dilatant compound has ion exchange resin spheres or lightweight filler therein.

Claim 75-99. (Canceled)